

Bristol 'Parenting Menu' - Online and In Person Citywide Parenting Programmes

Terms 5 + 6 – April - July 2026

Co-ordinated by the Family Help Parenting Team (*previously Families in Focus*)

All courses are free, term time only (unless stated) and available to Bristol Parents and Carers.

For further information visit our [parenting courses page](#) or the [Bristol Family Hubs](#) website.

Please be aware that there is a waiting list for all Family Help evidence-based group parenting programmes. Please complete a referral form to be placed on the waiting list for a future programme:

Referral Form Link: [Family Help Parenting Team: Referral Form](#)

Enquiries To: Parenting Support Team Administrators

Phone: 07721 311 497

Email: pso@bristol.gov.uk

In Person Course: Welcome to the World: Expectant Parents

Start date: 22nd April 2026

Length of course: 5 weeks

Day of course: Wednesday

Time of course: 1.30pm - 3.30pm

Course provider: Bristol Family Hubs

Course venue: Long Cross Children's Centre, Long Cross, BS11 0LP

Course enquiries: [Bristol Family Hubs Parenting Groups: Expression of Interest](#)

In Person Course: Welcome to the World: Expectant Parents

Start date: 22nd April 2026

Length of course: 5 weeks

Day of course: Wednesday

Time of course: 3pm - 5pm

Course provider: Bristol Family Hubs

Course venue: St Werburghs Park Nursery, Glenfrome Rd, BS2 9UX

Course enquiries: [Bristol Family Hubs Parenting Groups: Expression of Interest](#)

In Person Course: Antenatal Rockabye: Expectant Parents

Start date: 11th May 2026

Length of course: 6 weeks

Day of course: Monday

Time of course: 1.15pm - 3pm

Course provider: Bristol Family Hubs & [Rockabye](#)

Course venue: Southmead Children's Centre, Doncaster Rd, Bristol BS10 5PW

Course enquiries: [Rockabye Referral Form](#).

In Person Course: Rockabye: Parents To Be Rockabye

Start date: 1st June 2026

Length of course: 10 weeks

Day of course: Monday

Time of course: 6pm - 8pm

Course provider: Bristol Family Hubs & [Rockabye](#)

Course venue: Wellspring Settlement, Settlement Site, 43 Ducie Road, Bristol BS5 0AX

Course enquiries: [Rockabye Referral Form](#).

In Person Course: Rockabye: Parents of pre-crawling babies

Start date: 5th May 2026

Length of course: 10 weeks

Day of course: Tuesday

Time of course: 10am – 11.15am

Course provider: Bristol Family Hubs & [Rockabye](#)

Course venue: Sea Mills Children's Centre, Riverleaze, Bristol BS9 2HL

Course enquiries: [Rockabye Referral Form](#).

In Person Course: Rockabye: Parents of pre-crawling babies

Start date: 6th May 2026

Length of course: 10 weeks

Day of course: Wednesday

Time of course: 10am – 11.15am

Course provider: Bristol Family Hubs & [Rockabye](#)

Course venue: St Werburgh's Park Nursery School & Children's Centre, Bristol BS2 9UX

Course enquiries: [Rockabye Referral Form](#).

In Person Course: Rockabye: Parents of pre-crawling babies

Start date: 6th May 2026

Length of course: 10 weeks

Day of course: Wednesday

Time of course: 12.45pm – 2pm

Course provider: Bristol Family Hubs & [Rockabye](#)

Course venue: Wellspring Settlement, Family Centre, Ducie Road, BS5 0AX

Course enquiries: [Rockabye Referral Form](#).

In Person Course: Rockabye: Parents of pre-crawling babies

Start date: 7th May 2026

Length of course: 10 weeks

Day of course: Thursday

Time of course: 1pm – 2.15pm

Course provider: Bristol Family Hubs & [Rockabye](#)

Course venue: St Anne's Park, Lichfield Road, Brislington, Bristol BS4 4BJ

Course enquiries: [Rockabye Referral Form](#).

In Person Course: Rockabye: Parents of pre-crawling babies

Start date: 8th May 2026

Length of course: 10 weeks

Day of course: Friday

Time of course: 10am – 11.15am

Course provider: Bristol Family Hubs & [Rockabye](#)

Course venue: Knowle Children's Centre, Bristol BS41 1TR

Course enquiries: [Rockabye Referral Form](#).

In Person Course: Rockabye: Parents of pre-crawling babies

Start date: 11th May 2026

Length of course: 10 weeks

Day of course: Monday

Time of course: 10am – 11.15am

Course provider: Bristol Family Hubs & [Rockabye](#)

Course venue: Bedminster Children's Centre, British Road, BS3 3BZ

Course enquiries: [Rockabye Referral Form](#).

In Person Course: Circle of Security: Parents of children aged 0 – 5 years

Start date: 13th May 2026

Length of course: 9 weeks

Day of course: Wednesday

Time of course: 9.30am - 11.30am

Course provider: Bristol Family Hubs

Course venue: Long Cross Children's Centre, Long Cross CC, 17-119 Long Cross, BS11 0LP

Course enquiries: [Bristol Family Hubs Parenting Groups: Expression of Interest](#)

In Person Course: Pre School Incredible Years: Parents of children aged 1 – 4 years

Start date: 28th April 2026

Length of course: 11 weeks

Day of course: Tuesday

Time of course: 9.15am - 11.30m

Course provider: Bristol Family Hubs

Course venue: Filton Avenue Children's Centre, Blakeney Rd, Horfield, BS7 0DL

Course enquiries: [Bristol Family Hubs Parenting Groups: Expression of Interest](#)

In Person Course: Pre School Incredible Years: Parents of children aged 1 – 4 years

Start date: 28th April 2026

Length of course: 11 weeks

Day of course: Tuesday

Time of course: 9.30am - 11.30m

Course provider: Bristol Family Hubs

Course venue: Bedminster Children's Centre, British Road, BS3 3BZ

Course enquiries: [Bristol Family Hubs Parenting Groups: Expression of Interest](#)

In Person Course: Parenting Puzzle: Parents of children aged 2 - 5 years

Start date: 29th April 2026

Length of course: 4 weeks

Day of course: Wednesday

Time of course: 9am - 11am

Course provider: Bristol Family Hubs

Course venue: St Paul's Nursery and CC, Little Bishop St, BS2 9JF

Course enquiries: [Bristol Family Hubs Parenting Groups: Expression of Interest](#)

In Person Course: Parenting Puzzle: Parents of children aged 2 - 5 years

Start date: 18th May 2026

Length of course: 4 weeks

Day of course: Thursday

Time of course: 9.30am - 11.30am

Course provider: Bristol Family Hubs

Course venue: Redcliffe Nursery School, Spencer House, Ship Lane, BS1 6RR

Course enquiries: [Bristol Family Hubs Parenting Groups: Expression of Interest](#)

Online Course: Parenting Puzzle: Parents of children aged 2 - 5 years

Start date: 1st June 2026

Length of course: 4 weeks

Day of course: Tuesday

Time of course: 7pm - 9pm

Course provider: Bristol Family Hubs

Course platform: Zoom

Course enquiries: [Bristol Family Hubs Parenting Groups: Expression of Interest](#)

In Person Course: Parenting Puzzle: Parents of children aged 2 - 5 years

Start date: 10th June

Length of course: 4 weeks

Day of course: Wednesday

Time of course: 12.30pm - 2.30pm

Course provider: Bristol Family Hubs

Course venue: St Paul's Nursery and CC, Little Bishop St, BS2 9JF

Course enquiries: [Bristol Family Hubs Parenting Groups: Expression of Interest](#)

In Person Course: Nurturing Programme: Parents of children aged 2 - 8 years

Start date: 28th April 2026

Length of course: 10 weeks

Day of course: Tuesdays

Time of course: 9.30am - 11.30am

Course provider: Bristol Family Hubs

Course venue: Knowle West Nursery School, BS4 1NN

Course enquiries: [Bristol Family Hubs Parenting Groups: Expression of Interest](#)

In Person Course: Nurturing Programme: Parents of children aged 2 - 8 years

Start date: 1st May 2026

Length of course: 10 weeks

Day of course: Fridays

Time of course: 9.30am - 11.30am

Course provider: Bristol Family Hubs and Nova Primary School

Course venue: Nova Primary School, Barrack's Lane, BS11 9NG

Course enquiries: [Bristol Family Hubs Parenting Groups: Expression of Interest](#)

In Person Course: Nurturing Programme: Parents of children aged 2 - 8 years

Start date: 7th May 2026

Length of course: 10 weeks

Day of course: Thursday

Time of course: 12.30pm - 2.30pm

Course provider: Bristol Family Hubs

Course venue: Hartcliffe Children's Centre, Hareclive Rd, BS13 0JW

Course enquiries: [Bristol Family Hubs Parenting Groups: Expression of Interest](#)

Online Course: Incredible Years: Parents of children with challenging behaviour aged 5 to 10 years

Start date: 20th April 2026

Length of course: 12 weeks

Day of course: Monday

Time of course: 7pm – 9.30pm

Course provider: Family Help Parenting Team

Course platform: Zoom

Course enquiries: [Family Help Parenting Team: Referral Form](#)

In Person Course: Incredible Years: Parents of children with challenging behaviour aged 5 to 10 years

Start date: 23rd April 2026

Length of course: 12 weeks

Day of course: Thursday

Time of course: 10am - 12.15pm

Course provider: Family Help Parenting Team

Course venue: Oldbury Court Children's Centre, 13 Frenchay Road, BS16 2QS

Course enquiries: [Family Help Parenting Team: Referral Form](#)

In Person Course: Incredible Years: Parents of children with challenging behaviour aged 5 to 10 years

Start date: 28th April 2026

Length of course: 11 weeks

Day of course: Tuesday

Time of course: 10am – 12.30pm

Course provider: Family Help Parenting Team

Course venue: Ambition Lawrence Weston, 2 Stile Acres, BS11 0PZ

Course enquiries: [Family Help Parenting Team: Referral Form](#)

Online Course: Incredible Years: Parents of children with challenging behaviour aged 5 to 10 years

Start date: 28th April 2026

Length of course: 12 weeks

Day of course: Tuesday

Time of course: 11am - 12.30pm

Course provider: Family Help Parenting Team

Course platform: Zoom

Course enquiries: [Family Help Parenting Team: Referral Form](#)

Online: Timid to Tiger: parents of children with anxiety aged 3 to 11 years

Start date: 6th May 2026

Length of course: 10 weeks

Day of course: Wednesday

Time of course: 7pm – 9.15pm

Course provider: Family Help Parenting Team

Course venue: Oldbury Court Children's Centre, Frenchay Road, BS16 2QS

Course enquiries: [Family Help Parenting Team: Referral Form](#)

In Person Course: Strengthening Families Strengthening Communities: supporting parents of children 0 to 18 years

Start date: 30th April 2026

Length of course: 11 weeks

Day of course: Thursday

Time of course: 9.15am to 12.15pm

Course provider: Wellspring Settlement

Course venue: Wellspring Settlement, Ducie Road, Bristol, BS5 0AX

Course and creche enquiries: Sally Williams or Laura Street 07492 870 557

Parent Self-Referral - [Parent Self Referral](#)

Professionals' Referral Form - [Professional Referral Form](#)

Online Course: Parents Plus Adolescents Programme: parents of children and teens aged 10 to 17 years

Start date: 27th April 2026

Length of course: 10 weeks

Day of course: Monday

Time of course: 7pm – 9.30pm

Course provider: Family Help Parenting Team

Course platform: Zoom

Course enquiries: [Family Help Parenting Team: Referral Form](#)

In Person Course: Parents Plus Adolescents Programme: parents of children and teens aged 10 to 17 years

Start date: 5th May 2026

Length of course: 9 weeks

Day of course: Tuesday

Time of course: 10am – 12.30pm

Course provider: Family Help Parenting Team

Course venue: Felix Road Adventure Playground, Easton, BS5 0JW

Course enquiries: [Family Help Parenting Team: Referral Form](#)

Online: Parents Plus ADHD Children Programme: addressing the particular needs of children with ADHD aged 6 to 12 years

Start date: 20th April 2026

Length of course: 9 weeks

Day of course: Monday

Time of course: 7pm – 9.30pm

Course provider: Family Help Parenting Team

Course platform: Zoom

Course enquiries: [Family Help Parenting Team: Referral Form](#)

Online Course: Non-Violent Resistance: parents of children and young people aged 8 to 17 years with violent and/or controlling behaviours

Start date: 28th April 2026

Length of course: 11 weeks (term time only)

Day of course: Tuesday

Time of course: 7pm - 9.15pm

Course provider: Family Help Parenting Team

Course platform: Zoom

Course enquiries: [Family Help Parenting Team: Referral Form](#)

In Person Course: Non-Violent Resistance: parents of children/young people aged 8 to 17 years with violent and/or controlling behaviours

Start date: 29th April 2026

Length of course: 10 weeks

Day of course: Wednesday

Time of course: 10am - 12.15pm

Course provider: Family Help Parenting Team

Course venue: Inns Court Community Centre, 1 Marshall Walk, BS4 1TR

Course enquiries: [Family Help Parenting Team: Referral Form](#)

In Person Course: Non-Violent Resistance: parents of children/young people aged 8 to 17 years with violent and/or controlling behaviours

Start date: 30th April

Length of course: 10 weeks (term time only)

Day of course: Thursday

Time of course: 10am - 12.15pm

Course provider: Family Help Parenting Team

Course venue: Henbury Library, 179 Crow Lane, BS10 7DR

Course enquiries: [Family Help Parenting Team: Referral Form](#)

Check your local Children's Centres to see what further on-line and face to face parenting support is being provided

This web tool will help you locate your nearest Centre: [Children's centre - bristol.gov.uk](https://www.bristol.gov.uk/childrens-centres)

If you are concerned about the well-being of a child, please contact the **First Response Team: 0117 903 6444** or when offices are closed the **Emergency Duty Team: 01454 615 165**. [Report a concern about a child - bristol.gov.uk](https://www.bristol.gov.uk/report-a-concern)

Autism Family Courses

EarlyBird Programme: for Parents and Carers of children aged 2 to 5 years.

NAS EarlyBird Plus Programme: for Parents and Carers of children aged 5 to 9 years.

TeenLife Programme: for Parents and Carers of children who are 10 to 16 years old.

Bristol Autism Family Support Team also offer:

Managing Anxiety: a 6-week course open Parents and Carers of children 6 to 18 years old who are autistic, waiting for an autism assessment or neurodiverse with social, communication, interaction and sensory needs, and are experiencing anxiety that affects their wellbeing and ability to access a range of different environments, including family life, school and activities outside of school.

Parent Plus Special Needs Programme: a 7 week course open to Parents and Carers of children aged 9 to 18 years. The programme supports parents to manage common issues in families with a child who has social communication and interaction needs, including autism.

For more details on any of the Autism Family Courses

Contact: Menai Gore, Autism Assistant at the Family Learning and Family Support Hub

Tel: 07880 685 105 **Email:** autismfamilycourses@bristol.gov.uk

Web: [Autism - Bristol's SEND Local Offer - bristol.gov.uk](https://www.bristol.gov.uk/autism)

[Family Learning courses and seminars for parents and carers \(bristol.gov.uk\)](https://www.bristol.gov.uk/family-learning)

Other Online Parenting Courses, Support, Advice and Telephone Coaching

Bristol Family Hubs

Family Hubs offer information, advice and help to all families in Bristol including free online parenting courses for all parents, carers, grandparents, and courses for teens.

Developed by a team of NHS professionals who worked with practitioners and parents, the courses cover stages of a child's development and give helpful advice to support the emotional health and wellbeing of both children and parents or carers.

Web: [Bristol Family Hubs](https://www.bristol.gov.uk/family-hubs)

Web: Online courses for parents, carers, grandparents, and teens: [Courses for parents \(bristol.gov.uk\)](https://www.bristol.gov.uk/courses-for-parents)

Family Lives

Emotional support, information, advice and guidance on any aspect of parenting and family life:

Helpline: 0808 800 2222 (Monday to Friday: 9am to 9pm & Weekends 10am to 3pm)

E-mail: askus@familylives.org.uk

Web: Parenting Tips, Advice and Support: [Parenting and Family Support - Family Lives \(Parentline Plus\)](#)

Web: Online course for parents of children aged under 5y:

<http://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

Netmums

Online parenting course based on the Nurturing Programme:

Web: [Netmums Parenting Course: What It Is And Where To Sign Up - Netmums](#)

NSPCC

Helpline: 0808 800 5000

Email: help@nspcc.org.uk

Web: Parenting Tips, Advice and Support: [Support for parents | NSPCC](#)

Web: Positive Parenting Guide (PDF): [Positive parenting \(nspcc.org.uk\)](#)

Young Minds

Information and support on-line for parents concerned about their child's mental health:

Helpline: 0808 802 5544 (Monday to Friday: 9.30am to 4pm)

Web: [Parents Mental Health Support | Advice for Your Child | YoungMinds](#)

Parental Relationship Support:

[Relationship support for parents and co-parents \(bristol.gov.uk\)](#)

One Plus One: Online resources and training to support building and maintaining healthy relationships: [Digital resources \(oneplusone.org.uk\)](#)

Relationships and Caring for a Disabled Child: A guide developed by Click and One Plus One: [relationships_guide.pdf \(contact.org.uk\)](#)

Find more support resources here: [Support for parents and carers \(bristol.gov.uk\)](#)

Full Circle Parents and Carers Speak (formerly Docklands Parent and Carers Support Meeting)

Parents and Carers Speak is an informal group run by parents and carers for parents and carers with support from Full Circle Youth services and Bristol City Council Safer Options staff team.

Platform: Zoom

When: Monthly on the first Wednesday of the month

For more information:

Contact: Judit: 0785171635 or Michelle: 07710396744

Email: parents@fullcircleproject.org.uk or michelle.mcmorrow@bristol.gov.uk

The Mindful Parenting & Community Project (MPCP)

MPCP support parents in managing stress, and difficulties in their lives in order for them to become more resilient, to parent more effectively and engage more positively within their communities.

Website: [Mindfulness Courses | Mindful Parenting & Community Project | England](#)

First Response

If you are concerned about the well-being of a child please contact the **First Response Team: 0117 903 6444** or when offices are closed the **Emergency Duty Team: 01454 615 165**. [Report a concern about a child - bristol.gov.uk](#)

Family Help Parenting Team

To get in touch with the Family Help Parenting Team directly, please email them on:

- North Team: parenting-familyhelpnorth@bristol.gov.uk
- South Team: parenting-familyhelpsouth@bristol.gov.uk
- East/Central Team: parenting-familyhelpEC@bristol.gov.uk